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Virgin Sangria - Mocktail Recipe

By Spruce Eats Staff | Updated on 02/11/23 | Tested by Kiana Rollins

The Spruce / Abbey Littlejohn

Prep: 15 mins
Cook: 0 mins
Chill: 4 hrs
Total: 4 hrs 15 mins
Servings: 8 servings
Yield: 2 quarts

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Nutrition Facts (per serving)

278	1g	72g	4g
Calories	Fat	Carbs	Protein

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(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

SAVE RECIPE

Sangria is the quintessential summer drink, but let's face it, not everyone wants a boozy cocktail, especially when the sun is blaring down. Say hello to virgin sangria, a fruity, refreshing drink everyone can enjoy, including kids. This virgin sangria recipe pays homage to the flavors of classic sangria, using red grape juice as the base instead of its fermented cousin, red wine. Since the fruit juices used here are already high in sugar, try to find a grape juice that is 100% juice with no added sugars, to avoid an overly sweet drink.

Fresh-squeezed orange juice makes all the difference here, so it's worth seeking it out, or making yourself. The lemon and lime juices offer balance, cutting the natural sweetness of the grape juice, without adding any tartness. Again, as with the orange juice, fresh is best here, so avoid using prepackaged lemon and lime juices. Get the kids involved and let them squeeze the fresh juices, while you slice the rest of the fruit to fill the pitcher.

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Virgin sangria is a stunning drink centerpiece for summer parties, and yet it's effortless to make. Planning is the most important part of making sangria to ensure an icy cold beverage to quench thirsts on hot summer days. Be sure to chill it in the fridge at least four hours, and up to two days before serving. To keep it super cold for outdoor events, you can freeze half the citrus fruit before adding to the pitcher. The frozen fruit will keep the sangria cold without watering it down.

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A Note From Our Recipe Tester

"This sangria is so delicious, I didn't miss the wine as much as I thought I would. The addition of the sparkling cider gives the sangria a bit of effervescent that I absolutely loved." —Kiana Rollins

Ingredients

- 1 orange, sliced 1/4-inch thick
- 1 lemon, sliced 1/4-inch thick
- 1 lime, sliced 1/8-inch thick
- 2medium apples, cored and chopped
- 3 cups red grape juice
- 1 cup white grape juice
- 1 1/2 cups freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons freshly squeezed lime juice
- 1 (25 7/16-ounce) bottle sparkling apple cider, or plain seltzer

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Steps to Make It

01 Gather the ingredients.

02 Layer half of the orange, lemon, lime slices, and chopped apples in the bottom of a 4-quart glass pitcher. Repeat with the remaining fruit to create a second layer.

03 Pour in the grape juices, orange, lemon, and lime juices. Use a long spoon or sturdy skewer to gently stir it until well mixed. Cover and chill for at least 4 hours or overnight.

04 When ready to serve, add the sparkling cider to the pitcher. Stir gently to stir. Serve over ice.

Tip

- Alternately, you can serve the sparkling cider on the side, in case any guests prefer a non-carbonated sangria.
- Easily add more fruit and keep the drink cold by adding any kind of bagged frozen mixed fruit just before serving.

Recipe Variation

- Sparkling apple cider adds a festive twist. Stir it into the sangria just before serving so it doesn't lose its fizz. For a less sweet sangria, go ahead and swap in plain seltzer for the sparkling apple cider.

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